

# Description

## [Compression Exercise Bar]

### DETAILED DESCRIPTION

[0001] The main bar is 22 inches long, 1 inch outside diameter metal pipe. Welded in the middle of the bar is a 1 and 1/16 inch inside diameter washer. On both sides of the washer is a 4 inches long, 1 and 1/25 inch inside diameter, 15 lb./in compression spring. Then a washer. Then a dual "L" grip--6 and 1/4 inches long in both directions joined by a 90 degree elbow all made from polyvinyl chloride pipe, for vertical and horizontal hand grip orientation. Finally a standard 1 inch inside diameter weight bar collar to keep it all together.